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16 Form Tai Chi (Duanwei Level 2)

16 movements · A4 reference sheet · free

The sequence in order, with the points to check on each movement. This is a sheet to keep beside you i
confirm what comes next, and to remind yourself what to watch for. It is a reference, not a lesson; the r
themselves need a teacher or a demonstration.

THE SEQUENCE

00 预备势
01 起势
02 左右野马分鬃
03 白鹤亮翅
04 左右搂膝拗步
05 进步搬拦捶
06 如封似闭
07 单鞭
08 手挥琵琶
09 倒卷肱
10 左右穿梭
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15 十字手
16 收势

00 预备势

Preparation Posture

Stand with the feet together, body upright, arms hanging at the sides, and relax throughout.
Keep the head upright with the crown lightly suspended and the breath natural — attention gathered, musc

01 起势

Starting Posture

Step the left foot out to shoulder width, raise both arms to shoulder height, then sink and press the palms
Shoulders sunk, elbows heavy, weight steady. This is identical to the 8 Form opening — it sets the rhythm.

02 左右野马分鬃

Part the Wild Horse's Mane on Both Sides

Hold the ball, step forward and part the hands into a bow stance, once to each side.
The step is slightly longer than in the 8 Form. The upper hand stays below the eyebrows, the lower presses
creating a diagonal stretch.

03 白鹤亮翅

White Crane Spreads its Wings

Follow-step and sit back, right hand rising and left hand pressing down, into an empty stance with the palm
New in this routine (not in the 8 Form). The right hand rounds above the right temple, the left presses besid

04 左右搂膝拗步

Brush Knee and Twist Step on Both Sides

Turn the waist and swing the palm, step forward brushing past the knee, then push into a bow stance, once
The brushing hand passes the knee and the push arrives at chest height, completing together with the bow

05 进步搬拦捶

Step Forward to Parry, Block and Punch

Step up and parry with the fist, turn the waist to block with the palm, then punch into a bow stance as one
The key new releasing action: parry, block and punch join without a pause, the punch driving to the face of

06 如封似闭

Apparent Close Up

Cross the palms and draw them back, sit back to lead the hands, then press both palms forward into the bo
The palms part evenly in front of the chest on the way back; the press drives through the heel of the hand.

07 单鞭

Single Whip

Turn the body and form the hook hand, then push the palm into a bow stance.
The hook points down with a relaxed wrist; the right palm pushes with a settled wrist.

08 手挥琵琶

Hold the Lute

Follow-step and sit back, bringing both arms together into a rounded hold in an empty stance.
The weight settles onto the rear leg in a half-sitting stance, the front foot resting on its heel.

09 倒卷肱

Step Back and Reverse Forearm Roll

Turn the waist and turn the palm, step back and roll the forearm, pushing forward and withdrawing, twice t
When stepping back, land the ball of the foot first and then settle it flat.

10 左右穿梭

Work at Shuttles on Both Sides

Hold the ball, step up and turn diagonally, one arm lifting and the other pushing, once to each side.
New here: the direction is 45° to the front. The lifting hand sits above the temple and the pushing hand at t

11 海底针

Needle at Sea Bottom

Follow-step and sit back, then thrust the palm down into an empty stance.
The torso inclines slightly forward and the fingers thrust down and forward, the force reaching the fingertip

12 闪通臂

Flash the Arms

Rise into a bow stance, pushing one palm forward while the other braces back, both arms opening together
The forward palm stays no higher than the shoulder and the rear palm braces above and beside the head.

13 云手

Cloud Hands

Turn the waist to cloud the hands and step sideways, alternating three times each way.
The waist is the axis and the arms trace vertical circles; the sideways steps lift and land lightly.

14 左右揽雀尾

Grasp the Bird's Tail on Both Sides

The complete four-energy combination — peng, lu, ji and an — once to the right and once to the left.
The key assessed movement of Level 2: peng keeps the arm rounded and full, lu follows the weight back alo

15 十字手

Cross Hands

Close the foot and turn, crossing both arms in front of the chest, then draw the foot in to a parallel stance.
The arms cross in a rounded shape with the weight centred between the legs.

16 收势

Closing Posture

Turn the palms over and separate the hands, then lower the arms to the sides.
The arms descend slowly on a long breath; bring the left foot in beside the right and stand for three second